

MICHELLE



Michelle first discovered yoga in 1996 upon becoming a massage therapist. In 2002 Michelle became a certified Kripalu yoga teacher. She completed her 500 hour training through Kripalu focusing on a branch of yoga called Pranayama. Because of her anatomical knowledge she has the skill to guide all levels of students, address health concerns in their bodies and establish body/mind awareness. Michelle brings variety and humor to her classes, some may consider a bit challenging! She has been teaching yoga at YMCA of the North Shore since 2005.

